

# INCREASING THE CHILD'S RESISTING POWER

**Emphasize, Both by Precept and Example, That Cleanliness of Habit Is One of the Cornerstones of Physical Health, That in Dirt Lurks Danger.**

destruction and producing uncomfortable, cracked membrane.

## Hands.

Cleanliness of the hands is important both for sanitary and moral reasons. Therefore teach the child from babyhood, by example and precept, to always wash the hands:

1. Before touching food, either for eating, serving or preparation, as a safeguard against infection.
2. After eating, to prevent soiling of clothes, furniture or toys.
3. After going to the toilet.
4. Before touching the eyes.

The finger nails should be cleaned with an orange stick and the cuticle pressed back around the nail once or twice a day, before dinner and supper. Trim nails round and clip hang nails. A soft hand brush and almond meal or cornmeal may be necessary for very dirty hands. Always dry thoroughly to prevent chapping, and in cold weather apply a lotion.

## The Feet.

Wash the feet every night when a bath is not given. Dry thoroughly between the toes. Perspiration is acid and soon causes soreness if it remains. Change the stockings every day. Once a week cut the nails, trimming straight. If the feet are cold, put in cool (75 or 80 degrees Fahr.) or hot (90 degrees) water and rub with the hands or towels. If cold from outdoor exposure always use the cold water. Corns, calluses, bunions and misshapen toes can be prevented by using shoes that are comfortable and that preserve the shape of the feet.

The strength of the arch can be increased by foot exercises.

1. Rising slowly on the toes and slowly descending, keeping the weight of the body on the soles.
2. Alternately stretching the toes and the heel.

## Care of the Hair.

During the second year the head should be washed at the time of the morning bath two or three times a week, using castile or other pure soap, and rinsing thoroughly to prevent

formation of scurf. If a crust appears, gently rub in fresh lard, olive oil or liquid vaseline at night and wash off in the morning; never try to remove the scurf with a comb.

During the third and fourth year shampoo weekly, and thereafter every two or three weeks. This shampoo should be given in the daytime, when there is ample time and means for drying quickly and thoroughly, preferably in the sun. The final rinsing should be with cool water (70 degrees Fahr.). Watch for any manifestations of scurf or dandruff and treat as above.

The scalp should be gently massaged once a day for five or ten minutes to promote good circulation in the head, to keep the scalp loose and clean and to stimulate the growth of the hair. This is advantageously done at bedtime. It is nature's own tonic and more effective than any bought at the drug store.

For children under four years of age the hairbrush should be soft. The brush and comb should be thoroughly cleaned every week. Hair that is brushed ten to twenty minutes every day will keep glossy and soft. Tangles should be patiently and gently brushed out; by braiding or rolling the hair, tangles (and their tears) may be prevented. For curling only soft rags or papers should be used, and these not rolled tightly. Heated irons are injurious. Curly or straight hair is hereditary and curls can be only temporarily produced by training. When hair is trimmed it should not be shaved off at the base of the head (as is sometimes the fashion), leaving the most sensitive part of the head and neck suddenly and unduly exposed. If the eyelashes or eyebrows are short, stubby, rough or light they

Teach them as soon as possible to clean their own finger nails.

**It Is as Important That the Hair and Teeth Be in Good Condition as That He Should Wear Proper Clothing or Have Enough Sleep.**

may be improved and darkened by the daily application of vaseline and the brushing of the eyebrows with a soft, narrow toothbrush. Such attention adds greatly to the beauty of the face.

## Teeth Need Constant Attention.

After the first six teeth are cut, during the first year, it is advisable to have a small, soft brush to use with water, plain or with boric acid or bicarbonate of soda, after each feeding. This never should be neglected after eighteen months. Dr. Truby King advises giving the child a raw apple, a third of which has been peeled and which is partially bruised until softened, following the midday feeding after one year of age; munching this is a natural and effective method of cleaning the teeth. By four years of age the child should be able to brush his teeth himself. Salt, bicarbonate of soda or milk of magnesia are effective dentifrices. Patent pastes, powders and liquids are expensive and of no more ef-

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ficacy than the foregoing, their chief value probably consisting in the incentive they give to the use of the brush.

In brushing, the motion should be up and down as well as across the teeth; the inner and upper as well as the outer surfaces and the gums should be brushed.

Clean teeth will not decay. If the first teeth are allowed to decay the second will not be sound. The rudiments of both sets of teeth are formed in the jaw before birth. The first teeth (twenty) are cut by thirty months; the first permanent teeth are the six-year molars; the second set is cut from six to twelve years of age. The enamel of the teeth is formed once for all during childhood. The substance of the teeth is mineral, chiefly lime. It will therefore be appreciated that the child needs abundance of mineral in order that he may have sound tooth material. This he can get only from mineral in his food or, before his birth, from his mother's diet. Good circulation in the jaws is also essential for normal development both of teeth and jaws; therefore the importance of some hard food every day after ten months.

## Selection and Treatment of Brush.

The toothbrush should be selected with care. A good toothbrush is made with separate tufts and with holes along the back, that it may more easily be kept clean. For children under three years it should be soft; for older children medium. The care of the brush is as important as its use. An unclean tooth-

brush may be a source of infection. It may be kept antiseptic by being very thoroughly rinsed, preferably under running water, or in borax water, or grain alcohol, and placed across hooks or a glass, bristle face down, after each using to dry. Once or twice a week it should be thoroughly disinfected by drying in the sun, boiling in borax solution or soaking in alcohol. It should receive thorough disinfection after each using in case of influenza, tuberculosis, diphtheria or other infectious disease.

## Dental Examination.

After one year of age the child should have a dental examination every six months. Any cavities should be filled and irregular teeth straightened. A decaying tooth is a breeding place of germs, which are carried, with the poisons they produce, to the stomach and thence through the system. Its sensitiveness compels the child to do his chewing entirely on the other side, spoiling the symmetry of the jaws, or to omit proper chewing. It causes pain that lowers the tone of the whole nervous system, produces irritable temper and interferes with mental work.

More than 90 per cent of school children have defective teeth due to neglect in hygiene at home. At the slightest complaint of discomfort or the merest suspicion of decay the child should go to the dentist for attention. Prevention saves both pain and expense. The dentist's office should be a place of comfort, not of torture by reason of neglect and decay.



By Mary L. Read.

## ARTICLE 4.

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**T**HE nose should be kept clean. For children under four the nose should be cleaned every morning with liquid vaseline or warm water, using a sterile piece of twisted gauze, which is immediately wrapped in paper and thrown away after using. Repeat at night, and during the day if the nose is not clean. At three years children should be able to blow the nose, and this should be a regular part of toilet making both morning and evening.

In blowing the nose one side should be held closed while the other is blown. To blow both sides at once produces pressure in the ears that may cause injury to the drums. The nose should never be blown hard, as this may drive infected mucus into the ears and cause earache.

Nasal douches are to be avoided except in illness or by physician's orders. They may irritate the delicate membrane.

## Avoid

1. Dusty air, as in the city streets or in a room that is being cleaned.

2. Over-dry air, as in artificially heated rooms. Both of these are thought to promote adenoids. The former contains many disease germs. The latter dries the mucous membrane, preventing, therefore, its work of germ



## CHAPTER II.

"Cock-a-doodle-do,  
My master's lost a shoe.  
But what's the use of an excuse,  
A rubber boot'll do!"

The crowing of a rooster woke Marjorie. Jumping out of bed, she ran to the window to see where the Ark had drifted during the night. To her surprise, it was aground on the roof of Uncle Spencer's big barn. The weathercock was crowing lustily. He looked very handsome, his gilt feathers shining brightly in the rays of the morning sun, as he turned to and fro with every little change of wind.

"Good morning," cried Marjorie. "Isn't it a beautiful morning?"

"I don't feel sure about anything," he replied. "I used to be a jolly weathercock, but now, with all this water around, I feel more like a light-house."

"Then why didn't you warn us off the reef—I mean the roof?" asked Marjorie.

"I did, but every one was asleep and paid no attention to me." Just then the wind came in a sudden gust from the east and the weathercock flew around to face it. "Goodness," he cried, "I believe it's going to rain again."

"Ahoy, there!" came the voice of Captain Noah from the deck below, "tell that gilt rooster I'm going to shove off. If he wants to come aboard he'd better be quick about it."

"Would you like to come with us?" asked Marjorie. "We shall be glad to have you," she added, hospitably.

"Thank you, I think I will," replied the weathercock, hopping nimbly on to the flagpole of the Ark. "I feel more at home here than I did on the barn now that the green meadows have turned into an ocean. A barn is no place for a rooster when the water is above the hayloft."

Marjorie had no time to answer, for the rain commenced to fall in torrents, making it necessary for her to close the window. In a few minutes the Ark began to quiver and shake. Finally, with a loud grating noise, it slipped off the ridge of the roof and once more floated down the tide.

"Goodby red barn with your loft of hay,  
We're off on a voyage to Far-a-Way!"

crowed the weathercock. Marjorie waved her hand to him from behind the window pane, and then ran down to breakfast. In a few minutes the family were all seated at the table.

"What did you give the pigs for supper last night?" asked Captain Noah, looking at Ham suspiciously.

"Why, father?" asked Ham, in a low voice.

"Because they don't seem well this morning," answered his father. "I don't know what's the matter with them."

"I gave them some green apples," said Ham.

"We-e-l-l!" replied Captain Noah; "don't know as that should make them ill."

"I chased them 'round the deck," continued Ham.

"What in thunder did you do that for?" asked his father.

"I wanted to see them slide across the deck when they turned the corners," Ham confessed.

"Perhaps they weren't," said Captain Noah, looking very sternly at Ham. "I think, young man, you had better be confined to the brig for the rest of the day and be fed on bread and water. We can't afford to have any of the passengers abused by the crew," he added, turning with a smile to Marjorie, "even if one of the crew happens to be the captain's son."

Ham was then marched solemnly to the brig and locked in, much to Marjorie's regret.

It still continued to rain heavily, and as the wind was blowing quite a gale the sea became very rough, causing the Ark to roll considerably. The animals grew uneasy, and strange noises arose from many parts of the boat. The roar of the tiger was mingled with the trumpeting of the elephant, and the howling of the wolf made a weird minor to the bellowing of the buffalo. The monkeys chattered and the parrots screamed, the horses neighed and the pigs squeaked, the cows moaned and the donkeys brayed, the wild hyenas laughed and the little lambs bleated. It was indeed a strange medley, and Marjorie had to hold her hands over her ears at times. The dove, which was the most quiet and peaceful of all the passengers, flew over to her and perched on her shoulder.

"You shall sleep in my room," said Marjorie, stroking its glossy neck. "I'm sure you never could get a wink of sleep if you had to stay below decks to-night."

Toward evening the storm abated, and after supper, the rain having ceased, Marjorie went on deck for some fresh air. The weathercock looked down from the flagpole, and seeing the dove perched on the little girl's shoulder called out politely, "Good evening, ladies."

"Aren't you glad it cleared off?" asked Marjorie, looking up at him with a smile.

"Indeed I am," replied the weathercock, swinging around on one toe like a dancer.

"Isn't he graceful!" cooed the dove in Marjorie's ear.

"S-s-s-h!" she replied, "don't let him hear you—he might get conceited."

"What are you talking about down there?" asked the weathercock.

"Oh, nothing in particular," answered the dove. "I was just receiving a little advice from Marjorie."

"Well, you probably won't take it," said the weathercock, "so you might just as well hand it over to me."

"My, how curious you are," laughed Marjorie.

"You'd be, too," answered the weathercock, "if you were in the habit of having the winds tell

you each day what was going on. It's not so much curiosity as habit."

"Marjorie," called Mrs. Noah, "I think you had better come inside. It's too damp out there for you, my dear."

The cabin looked very cozy. Mrs. Noah was sitting by the table knitting a pair of socks for the Captain. The three boys were writing in their copybooks. As Marjorie entered Mrs. Noah arose and came toward her. In her hand she held a green covered copybook. "I think, my dear," she said, kindly, "that it would be a very good thing if you did a little studying every day. The time will pass much more quickly."

Marjorie seated herself at the table, while Mrs. Noah opened the writing book and laid it before her. With a cry of surprise she turned to Mrs. Noah: "Why, it's the very same copybook I had at home!"

"A stands for Animal, an Ass or an Ape, Quite different in spelling as well as in shape."

"The very same!" cried Marjorie again.

"Now try and see how well you can make the capital letters," suggested Mrs. Noah. "If you fill in this book nicely you can take it home with you and show your mother how well you employed your time aboard the Ark."

"Oh, thank you!" cried Marjorie. "That will be lovely. Mother is always worrying about my handwriting. I shall try my best to improve."

Mrs. Noah then turned to look in Ham's book. "That is not a very good 'C' you have just made," she said.

"Well, you see," answered Ham, with a laugh.

"the sea is so rough that it made my 'C' rough, too!" Everybody laughed at Ham's witty excuse.

"What's all this levity for?" asked Captain Noah, who entered the cabin at that moment.

"Cool!" said the little dove.

"Cool!" said she.

"And they all lived together in the big green tree."

"Hello!" exclaimed Captain Noah, forgetting his own question, "the dove spouting poetry, eh? Well, we'll have to give an entertainment on board. There must be lots of talent. Plenty of material for a circus, anyhow."

"How jolly!" exclaimed Marjorie.

"I'll make a ring to-morrow," volunteered Japheth.

"I've already trained one of the little pigs to walk on its hind legs," said Ham. "It's the white one with the pink nose."

"The elephant and I are great friends," added Shem. "I think he'd do anything I asked him to. To-night, when I rolled up the bale of hay to him, he said, 'Hey, young man, look out for my toes.' Then he climbed up on the bale and stood up on his hind legs just as they do in the circus. I guess I could put him through a lot of stunts."

"Wait till you see my wrestling monkeys," cried Ham. "I've taught two of them already. They'll be better than a moving picture show."

All this time Marjorie was so excited that she could say nothing. Finally she turned to Mrs. Noah and gasped, "What wonderful boys you have!"

Mrs. Noah did not reply immediately. Evidently she was weighing Marjorie's remark. "Well, perhaps they are," she admitted. "I never looked at it in just that light. I usually thought they were mischievous."

"What time shall we have the circus?" asked Ham.

"First thing after breakfast," said Shem.

"Not too soon after," advised Captain Noah. "I don't want any sick animals aboard."

"We'll be careful," said Japheth. "Let's go to bed now, so as to wake up bright and early to-morrow."

Mrs. Noah said "Good night," and with the little dove on her shoulder went up to her room, to sleep peacefully until the next morning.

It looks are anything to go by. Something's frightened little Toby. Listen—this is private dope—Mother's coming with the soap.

Look Out, Toby!

Can You Read Our Letters from Grandpa?

While taking a stroll through the park last week, a tick gave Grandpa's nose a tweak. The strong wind blew it up in the air. When it landed grey Grandpa led with glee. To our great joy, it was blowing and not so hot. Til our car sought a shady inn.

Tommy Chipmunk

By E. A. Smart.

TOMMY CHIPMUNK lived near a rail fence with woodbine and Virginia creeper running along it. How he did love to scurry along and up and down under the big leaves, with a bright little eye on the dusty road for possible danger from the people that passed there. Sometimes the people would have a dog with them, and he would come barking and nosing furiously, while Tommy scooted off as fast as his little feet could carry him to safety, and then he would sit flitting his tail and scolding for all he was worth.

Danny was a little city boy, spending a few weeks on grandpa's big farm, and he rode to the creamery every morning with Sam to take the milk. Sam was grandpa's hired man, and he knew lots of wonderful things; where blackberries grew thickest, and how to rig up fishing tackle, and just where to find suckers. He knew all about chipmunks, too, and told Danny about them when he first saw Tommy and called out:

"Oh, Sam, see, there's a mouse with a long, furry tail."

Sam didn't laugh at Danny's mistakes, as grandpa sometimes did.

So Danny used to watch for Tommy every morning, and sometimes he brought him peanuts. Tommy wouldn't come and get them while he was around, but they were always

gone when Danny looked on, the way back, and once Danny saw him sitting on the top of a post cracking one.

One morning Shem decided to come along with them. Shem was the big collier, whose business it was to bring the cows home every night. He usually preferred to go with grandpa to the back pasture, where there were woodchuck holes to be dug out and one could scare up an occasional rabbit.

But this morning he changed his mind and went with Danny and Sam.

When they came to Tommy's fence Danny got down as usual and laid his peanuts at the side of the road. Then he went back by the wagon and waited to see if Tommy wouldn't come out. Shem was nowhere to be seen. Danny was just going to climb back up the big wheel of the wagon—a trick Sam had taught him—when there was a rustling among the woodbine leaves, and out darted the little chipmunk, paused in the grass at the side of the road, and looked from side to side.

"Stand right still, Master Danny," cautioned Sam, from above.

So Danny stood still, and Tommy jumped out from the grass with a fillip of his tail, made for the peanuts, grabbed one, and was running back. And then Shem, whom they had forgotten, jumped over the fence and caught him.

"Oh!" cried Danny, "you let him go, you naughty dog!" and he ran to Shem and made him drop him.

But Tommy lay limp in the road and could only crawl a little.

"Bring him to me, Master Danny," called Sam, "I 'spect his leg's broke. I can't leave the horses."

So Danny picked him up. And then Sam made a splint and set his leg, and they took him home and kept him till he got well. Danny took him back to his fence the morning before he had to go back to the city.

"But don't you forget me, Tommy Chipmunk," he said.

Desire and Rosamond

By EMMA LUTJEN (aged eleven).

There was once a little girl who had everything that heart could wish, but she was not happy because she had no one to play with.

So one day her father and mother said to her: "Thought they would adopt a little girl for Desire, for that was the little girl's name, to play with. But when Desire heard this she was not satisfied, for she would not get all the attention. She said if they brought a little girl in the house she would run away. But her father said, 'I thought you wanted some one to play with.' She said: 'I did, but I did not want her in the house. I wanted her to live around here somewhere, but not in the house.'

But her father and mother went to a house and got a little girl named Rosamond and brought her home to live with them, and Desire did not run away, but was happy with Rosamond ever after. And she said she could not live without her again.

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